

POOLS	PUBLIC SWIMS		FAMILY SWIMS ♦		ADULT/SENIOR SWIMS	
Ballard 1471 NW 67th St. 684-4094	Mon-Fri	1:30-2:50 p.m.	Sun	4:30-5:30 p.m.	Mon-Fri	Noon-1:15 p.m.
	Mon	10-11 a.m.				
	Tue	7:30-8:30 p.m.				
	Wed	6:30-7:30 p.m.				
	Sun	1:30-2:30 p.m.				
Colman 8603 Fauntleroy Way SW 684-7494	Daily	1:45-4:45 p.m.	Fri/Sat/Sun	1/2 pool 5-7 p.m.	MASTERS WORKOUT	
					Mon-Thu	6-7 p.m.
					Sat/Sun	Noon-1 p.m.
Evans 7201 E Green Lake Dr. N 684-4961 CLOSED Aug 18-31	Mon-Fri	1:30-2:30 p.m.	Mon/Wed/Fri	1/2 pool 3-4 p.m.	1/2 POOL ADULT/SENIOR SWIMS	
	Tue/Thu	7-8 p.m.		Begins 8/2	Mon-Sat	Noon-1:25 p.m.
	Sat	1/2 Pool 1:30-2:30 p.m.			Tue/Thu	9-10 p.m.
	Sat	3:30-4:30 p.m.			Tue/Thu	Starts 8/6 2:30-3:55 p.m.
					SWIMSTRONG WORKOUT	
Madison 13401 Meridian Ave. N 684-4979 Closed May 20-Oct 6					Tue/Thu	5 lanes 8-9 p.m.
	CLOSED SUMMER 2019					
Meadowbrook 10515 35th Ave. NE 684-4989 Closed Feb 11-July 28	Daily	1:30-3 p.m.	Tue/Thu	7-8 p.m.	ADULT/SENIOR SWIMS	
	Fri	4-5 p.m.	Sat	9:30-10:30 a.m.	Daily	Noon-1:30 p.m.
			Sat	4:30-5:30 p.m.	Tue/Thu	★ 9-10 p.m.
Medgar Evers 500 23rd Ave. 684-4766 Closed Jan 2-Aug 4	Mon-Fri	1:30-2:30 p.m.			ADULT/SENIOR SWIMS	
	Mon/Wed	7-8 p.m.			Mon-Fri	11 a.m.-1:30 p.m.
	Fri	7-8:30 p.m.			MASTERS WORKOUT	
	Sat	1-2:30 p.m.			Tue/Thu	7-8 p.m.
	Sun	2-3:30 p.m.				
Mounger 2535 32nd Ave. W 684-4708	Daily	1-2:25 p.m.	Mon-Sun	Pool Playland 11 a.m.-Noon (Warm Pool Only)		
	Daily	3-4:25 p.m.				
	Mon-Thur	6:35-8 p.m.				
	Sat/Sun	1-2:25 p.m.	Fun Family Friday	5:30-7:30 p.m.		
Queen Anne 1920 1st Ave. W 386-4282	Mon-Fri	1:30-2:30 p.m.	Sat	10-11 a.m.	ADULT/SENIOR SWIMS	
	Tue/Thu	shallow til 8, 7:30-8:30 p.m.			Mon-Fri	Noon-1:30 p.m.
	Fri	6:30-7:30 p.m.			Sat	sr and sp onl 12:30-1:30 p.m.
	Sat	3:30-4:30 p.m.			Sat	1:30-2:30 p.m.
	Sun	3-4 p.m.			Sun	Noon-1:30 p.m.
Rainier Beach 8825 Rainier Ave. S 386-1925	Mon-Thu	Leisure only 7-8 p.m.	Mon-Sun	Pool Playland 11 a.m.-Noon	ADULT/SENIOR SWIMS	
	BOTH POOLS				Mon-Fri	Both Pools Noon-1:15 p.m.
	Mon-Fri	1:30-2:30 & 2:45-3:45 p.m.			Mon-Thu	Both Pools 8-9 p.m.
	Fri	7-8 p.m.				
	Sat	1:25-2:25 & 3:30-4:30 p.m.	WOMEN ONLY SWIM			
	Sat	4:45-5:45 p.m.	Sun	Rec Swim 4:25-5:25 p.m.		
Southwest 2801 SW Thistle St. 684-7440	Sun	1:30-2:30 p.m. & 3-4 p.m.		Leisure Pool only	ADULT/SENIOR SWIMS	
	Mon/Wed/Fri	1:30-3 p.m.	Fri	7-8 p.m.	Mon-Fri	Noon-1:30 p.m.
	Mon/Wed	shallow end 7:30-8:30 p.m.	Sun	2-3 p.m.	Sun	11 a.m.-12:30 p.m.
	Tue/Thu	2:30-4 & 7:30-8:30 p.m.				
	Fri	4:30-5:30 p.m.				
	Sat	1-2 p.m.				
	Sun	4-5 p.m.				

Indoor pools closed on holidays-July 4 and September 2.

♦ Family Swims require that a parent or guardian accompany all participants under 18 into the water

POOLS	LAP SWIMS - 6 lanes unless noted			SHALLOW WATER FITNESS		DEEP WATER F
Ballard Served by Metro Bus Number 15 & Rapid Ride D	Mon-Fri	★ 6-7:30 a.m.	Mon/Wed/Fri	11:10-11:55 a.m.	Tue/Thu	11:10-11:55 a.m.
	Mon/Wed/Thu	3 lanes 7:30-8:30 p.m.	Sat	9:10-9:55 a.m.	Tue/Thu	
	Tue/Thu	2 lanes 8:30-9:15 p.m.	Sun	10:25-11:10 a.m.	Sun	
	Fri	5 lanes 5:30-6:30 p.m.				
	Sat	7:30-9 a.m.	Lap Swim-Continued			
Colman Served by Metro Bus Number 54, 116, 118, 119	Sun	4 lanes 11:15 a.m.-12:45 p.m.	◀ Sun	4 lanes 5:30-6:30 p.m.		
	Daily	4-8 lanes Noon-1:30 p.m.			Tue/Thu	
	Daily	4-8 lanes 5-7 p.m.				
Evans Served by Metro Bus Number 26, 45 & 62 CLOSED Aug 18-31	Mon-Fri	★ 6-7:30 a.m.	Mon-Fri	10:10-10:55 a.m.	Mon-Sat	10:10-10:55 a.m.
	Mon/Wed/Fri	3 lanes 11:30 a.m.-1:25 p.m.			Mon/Wed	
	Tue/Thu	3 lanes Noon-1:25 p.m.	Lap Swim-Continued			
	Tue/Thu	3 lanes 2:30-3:55 p.m.	◀ Sat	8:30-9:55 a.m.		
	Mon/Wed/Fri	3 lanes b.8/2 4-5:25 p.m.	◀ Sat	3 lanes 1:30-2:30 p.m.		
	Mon-Fri	5:30-6:30 p.m.	◀ Sat	4:30-5:30 p.m.		
Madison Served by Metro Bus Number 316 & 346 Closed May 20-Oct 6			CLOSED SUMMER 2019			
Meadowbrook Served by Metro Bus Number 65 Closed Feb 11-July 28	Mon-Fri	★ 5:45-7:15am	Tue/Thu	11:15 a.m.-Noon	Mon/Wed/Fri	11:15 a.m.-Noon
	Mon/Wed/Fri	3 lanes 3-4:30 p.m.			Tue/Wed/Thu	
	Mon/Wed/Fri	7-8 p.m.			Sat	
	Sat	7:-8:30 a.m.				
	Sat	5:30-6:30 p.m.				
Medgar Evers Served by Metro Bus Number 3, 4 & 48 Closed Jan 2-Aug 4	Tues/Thurs	★ 5:30-7 a.m.	Mon/Wed/Fri	Gentle Fitness Noon-1 p.m.	Mon/Wed	
	Mon/Wed	3 lanes 6:30-8 p.m.	Tue/Thu	7-8 p.m.	Tue/Thu	
	Tue/Thu	5:30-7 p.m.	Sat	9-10 a.m.		
	Fri	6-7 p.m.	Lap Swim-Continued			
	Sat	9-10:30 a.m.	◀ Sat	3 lanes 1-2:30 p.m.		
Mounger Served by Metro Bus Number 19, 24, 31, & 33	Sun	4 lanes 12:30-2 p.m.				
	Mon/Wed/Fri	5/13-8/9 ★ 6-7:30 a.m.	Tue/Thu/Sun	11:10-11:55 a.m.	Mon/Wed/Fri/Sat	11:10-11:55 a.m.
	Mon/Wed/Fri	8/12-8/30 ★ 6:30-8 a.m.			Mon/Wed	ends 8/7
	Mon-Fri	Noon-1 p.m.				
	Mon-Thu	5:30-6:30 p.m.	Lap Swim-Continued			
	Fri	4:30-5:30 p.m.	◀ Tue/Thu	ends 8/8 8-9 p.m.		
Queen Anne Served by Metro Bus Number 3, 4 & 13	Sat/Sun	10-11 a.m.	◀ Sat/Sun	3-5 lanes 4:30-5:30 p.m.		
	Mon-Fri	★ 6-7:30 a.m.	Tue/Thu	11:10-11:55 a.m.	Mon/Wed	11:10-11:55 a.m.
	Mon	★ 8-9 p.m.			Tue/Thu	
	Tue/Thu	★ 8:30-9:30 p.m.			Sat	
	Sat	7:30-9 a.m.			Fri	HIIT class
Rainier Beach <i>Served by Metro Bus</i> Number 7, 9, 36, 42, 49, 106, 107	Sat	4:30-5:30 p.m.			Sun	
	Sun	4-5 p.m.				
	Mon-Fri	★ 5:30-7 a.m.	Mon/Wed/Fri	10:30-11:15 a.m.	Tue/Thu	10:30-11:15 a.m.
	Mon-Fri	4 lanes 12-1:15 p.m.	Tue/Wed	Shallow 7:10-7:55 p.m.	Thu	
	Mon-Thu	8-9 p.m.	Sat	Shallow/Deep 9:35-10:20 a.m.	Sat	Shallow/Deep
	Fri	7-8 p.m.	Sun	Shallow 9:10-9:55 a.m.		
	Sat	8:30-9:30 a.m.				
Southwest Served by Metro Bus Number 22	Sat and Sun	12:15-1:15 p.m.				
	Sun	2 lanes 1:30-2:30 p.m., 3-4 p.m.	Tue/Thu	1:30-2:15 p.m.	Mon/Wed	
	Tues/Thurs	★ 5:30-7 a.m.	Tue/Thu	8:30-9:15 p.m.		
	Mon/Wed	3-4 p.m. & 5:30-6:30 p.m.				
	Tue/Thu	5-6 p.m.				
	Fri	3-4 p.m. & 5:30-7 p.m.				
	Sat	9:30-10:30 a.m. & Noon-1 p.m.				
	Sun	5-6 p.m.				

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★ Advance purchase of Quick Card, or exact change or check required

ITNESS
1:10-11:55 a.m. 8:30-9:15 p.m. 12:45-1:30 p.m.
5-5:45 p.m.
0:10-10:55 a.m. 8:10-8:55 p.m.
1:15 a.m.-Noon 8-8:45 p.m. 8:30-9:15 a.m.
6-6:45 p.m. loon-12:45 p.m.
1:10-11:55 a.m. 8:10-8:55 p.m.
1:10-11:55 a.m. 7:10-7:55 p.m. 9:10-9:55 a.m. 11:10-11:55 a.m. 11:10-11:55 a.m.
0:30-11:15 a.m. 7:10-7:55 p.m. 9:35-10:20 a.m.
7:30-8:15 p.m.